

PULLMAN AQUATICS

WE MAKE FAMILY FITNESS FUN!

Welcome to the Pullman Aquatic Center! We offer something for everyone. Make this season one to remember with family, fun, and fitness. Our indoor Aquatic Center features a 25-yard multipurpose pool and a 92-degree therapy pool with children's play area. In addition, we have a fitness room with free weights, elliptical machines, treadmills, and recumbent bicycles. Come on in, the water's fine!

MEMBERSHIP INFORMATION PULLMAN AQUATICS

Visits are available to the pool, fitness room, or in combination. Passes can be purchased for daily, monthly, quarterly, or annual entry. Annual members receive a 20% discount on aquatic programs. Annual passes include summer entrance to Reaney Pool.

Children ages 0-3 years old are admitted free with a paying adult. Children 14 years and younger are not permitted in the fitness room. Family rates apply to all dependents declared for income tax purposes.

Any business, agency, or group with 10 or more memberships will be entitled to a 20% reduction on annual membership rates.

POOL OR FITNESS ROOM ADMISSION

AGE	DAILY	MONTHLY	QUARTERLY	ANNUAL
4 – 17	\$2.50	\$20	\$55	\$100
18 – 61	\$3.50	\$30	\$85	\$150
62+	\$2.50	\$20	\$55	\$100
Family	\$9.50	\$80	\$195	\$400

COMBINATION POOL & FITNESS ROOM ADMISSION

AGE	DAILY	MONTHLY	QUARTERLY	ANNUAL
15 – 17	\$3.75	\$30	\$90	\$150
18 – 61	\$5.25	\$45	\$135	\$225
62+	\$3.75	\$30	\$90	\$150
Family	\$14.25	\$120	\$360	\$600

LOCKER RENTALS

Lockers are available for long-term rentals. Participants must supply their own lock. Items are kept at the owner's risk.

Monthly: \$15 **Quarterly:** \$35 **Annual:** \$100



2005 WINTER/SPRING SWIM LESSON SCHEDULE

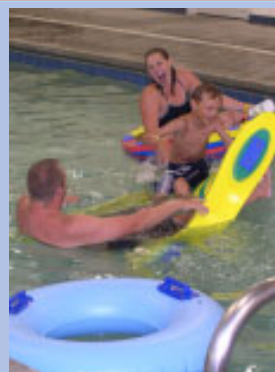
MW 4 wks Jan 17-Feb 9
..... Feb 14-Mar 9

MW 6 wks Mar 21-Apr 27
..... May 2-Jun 8

TuTh 8 wks Jan 18-Mar 10
(No class: Jan 27)

..... 12 wks Mar 22-Jun 9

Sa 7 wks Jan 22-Mar 5
..... 8 wks Apr 2-May 21



HOUD DOG SWIM

Grover, the inflatable greyhound, comes out of the doghouse and into the pool on Friday nights at 6:00pm. All ages welcome. *(Children 7 and under may have difficult time climbing on the dog without adult assistance.)*

Friday Nights 6:00-9:00pm

TUBE TIME

Come float at the pool. Water park tubes are available to float and play in. Play boats available for children under age 8 *(with adult supervision)*.

Saturday Afternoons 4:00-6:00pm

PULLMAN AQUATICS

Beginning January 2 FITNESS ROOM HOURS

M-F	6:00am-9:00pm
Sa	9:00am-7:00pm (Late Opening 12:00 on Jan 8, Jan 15, and Mar 27)
Su	12:00pm-7:00pm

SPECIAL EVENT

APRIL POOL'S DAY

Statewide Water Safety Day

APRIL 16

3:00-6:00PM

GAMES

FUN



PRIZES

LAUGHS

Please bring a lifejacket if you have one!

AQUATIC CENTER CLOSURE

MARCH 12 - 20 FOR ANNUAL MAINTENANCE
MARCH 27- (EASTER SUNDAY) LATE OPENING 4:00PM
MAY 30 - MEMORIAL DAY

PRIVATE POOL RENTALS

Do you have a birthday coming up? Would you like to hold an office party in a fun and unique environment? Rent the pools at Pullman Aquatics! Add to the excitement by playing on Grover, the inflatable greyhound, or with the tubes and boats. Have the location all to yourself. Food & beverage accommodations are available upon request.

- \$65/hr up to 50 people
- Add \$10 per 10 people/hr
- Add \$10 for Grover the Greyhound/hr
- Add \$10 for tubes & boats/hr

Want to rent pool space but don't need the whole pool? Does your scout troop, play group or sports team need pool space during operating hours? Our lanes can be rented by the 1/4 hour. Advanced reservations required. \$3.50/hr/lane

WE HAVE PARTY PACKAGES!!

Let us do the work! All inclusive party packages. We provide the cake, ice cream, juice, balloons, paper goods, goodie bags, lifeguards, and pool space. You provide the guests. Prices include private or open swim times. Call at 338-3290 for more information.



PAC SUPERVISION POLICY:

Pullman Aquatics requires that children seven and under be supervised by someone 18 yrs old or older. We recommend that children 8-12 yrs old be supervised by a caregiver 18 yrs old or older.

INCLEMENT WEATHER

- ⇒ In the event of thunder or lightning, PAC will close for 30 minutes, from the last flash of lightning or the last bang of thunder.
- ⇒ Refunds will not be issued for drop-in customers.
- ⇒ For your safety, we actively monitor weather sites.

WAIT LIST

Our goal is 100% accommodations of wait lists. Enrollment in PAC classes is offered on a first-come-first serve basis. When PAC adds classes, all wait listed participants will be called. Our wait lists create a general interest list. New classes are then filled on a first-come-first served basis. Participants can register over the phone and pay via credit card. Payment is required at time of enrollment.

GROUP WATER FITNESS

GROUP FITNESS

Let our fitness instructors lead you through a challenging workout. Each instructor has knowledge in Anatomy, Physiology, Kinesiology, and Exercise Design. We pride ourselves in exceeding national standards. Each instructor's unique style offers a class for everyone. While swimming is not required, a comfort level in shallow and deep water is necessary. Water shoes are recommended and webbed gloves are encouraged. Come check out this great fitness alternative. All of our classes feature HYDRO-FIT equipment (60 minutes).

New participants may attend the first class at no charge. Come try us out – you'll like what we have to offer. Admission to all water fitness classes is with the class pass system. Passes are good for 6 months from the day of purchase. Daily visits can be purchased at the front desk. **All classes are ongoing and may be joined at anytime.** Annual memberships receive a 20% discount on all PAC program fees.

CLASS PASS RATES

Quantity	Total	Per Class
Drop-in Fee	\$4.50	\$4.50
5 Class Pass	\$18.00	\$3.60
10 Class Pass	\$33.00	\$3.30
15 Class Pass	\$45.00	\$3.00
20 Class Pass	\$60.00	\$3.00
25 Class Pass	\$67.50	\$2.70
30 Class Pass	\$82.50	\$2.70
40 Class Pass	\$96.00	\$2.40
50 Class Pass	\$120.00	\$2.40

GETTING STARTED:

Start your morning off with a refreshing water workout. This class is geared towards all fitness levels and ages. Using the resistance of water, enhanced with equipment, for a total body workout. No music is used in this class.

M-F 8:00am

WINDING DOWN:

End your day with an invigorating water workout. Various intensity levels will allow all participants to achieve fitness results. Join our fitness instructors in a combination class (shallow and deep water). Class will focus on strengthening the heart and lungs through interval, circuit, and general training.

MW 6:00pm
TuTh 7:45pm

AQUA POWER:

ENERGIZING AQUATIC WORKOUT

SUMMIT THERAPY IN PARTNERSHIP

WITH PULLMAN AQUATICS

Healing aquatic movements
Sport specific cross training
Speedy recovery
Strengthens support muscles,
tendons and joints
Enhance endurance
Proactive injury prevention

All exercises can be adapted for specific needs.

Aqua aerobics is a valuable link in strengthening, toning, and revitalizing the body and mind.

We utilize everyday movements to promote strength and stimulate healing.

Exercises focus on tendon and joint movement to strengthen and tone major muscle groups while invigorating supporting muscle groups for a full body workout.

- Muscular pulls and strains
- Fibromyalgia
- Arthritis
- Prenatal / postpartum
- Sport injury
- Joint replacement
- Weight loss
- Increase metabolism

Workout Schedules:

MWF: 6:30-7:30am, 11:00am-12:00pm, 12:00-1:00pm
TuTh: 11:00am-12:00pm

Several payment options available. Classes for less than \$3 (punch card option – 18 classes for \$50)

Contact Summit Therapy for details: 332-5106

AQUATIC CENTER CLOSURES & LATE OPENINGS

MARCH 12-20 CLOSED FOR ANNUAL MAINTENANCE
MARCH 27 (EASTER SUNDAY) LATE OPENING 4:00PM
MAY 30 CLOSED FOR MEMORIAL DAY

FITNESS INSTRUCTION

Do you really know what kind of shape you're in? Do you know how to exercise properly and achieve your fitness goals? Do you know how to effectively use all the Aquatic Centers' facilities in achieving total body fitness and health? If you answered "no" to one or more of these questions, then perhaps our programs are for you. *Annual Memberships receive a 20% discount on all PAC program fees.*

FITNESS ROOM ORIENTATION

Learn how to properly use the Tuff Stuff and Precor equipment in the fitness room. This 90-minute appointment will teach you the proper settings and techniques for each piece of equipment.

Introduction appointment: \$40

FITNESS ASSESSMENT

Recommended before beginning any new fitness program. Determine your base level fitness with a fitness assessment. This 90-minute session will check your heart rate, cardiovascular conditioning, muscle strength, and flexibility. In addition, body composition and a postural assessment will be conducted. Follow-up assessments can be administered regularly to determine your fitness improvements.

Initial assessment: \$40
Follow-up assessment (within 13 months): \$35

EXERCISE PROGRAM

Meet with the personal trainer to determine your fitness goals, nutrition and weight profile, and life-style assessment. The above information, combined with a fitness assessment, and fitness room orientation (previously described) will guide your personal trainer to develop a unique and special program to meet your individual goals. Programs may include fitness room equipment, water exercise programs, and swimming. The three-hour consultation includes a fitness assessment, fitness room orientation, and goals meeting. Your second appointment (an additional hour) with the trainer is designed to introduce you to your personal program, answer questions, and make sure you are comfortable with the program.

Initial Program: \$120
Follow-up program (within 13 months): \$100

Beginning: January 2

Fitness Room Hours

M-F 6:00am-9:00pm

Sa 9:00am-7:00pm

(Late Opening 12:00 on Jan 8, Jan 15 and Mar 27)

Su 12:00-7:00pm

ONE-ON-ONE APPOINTMENTS

If a personal trainer helping you through each workout is ideal for you, then these are the packages. Each session will be tailored to your fitness goals and monitored by a trainer. Programs will be designed to accommodate your level of fitness and exercise demands. These appointments will provide you with a broad spectrum of training options, including both land based and water based exercises, designed with your fitness goals, time, and budget in mind.



45-minute appointments

1 session	\$40
2 sessions 10% discount	\$72
5 sessions 15% discount	\$170
10 sessions 20% discount	\$320

60-minute appointments

1 session	\$50
2 sessions 10% discount	\$90
5 sessions 15% discount	\$212
10 sessions 20% discount	\$400

75-minute appointments

1 session	\$60
2 sessions 10% discount	\$108
5 sessions 15% discount	\$255
10 sessions 20% discount	\$480

90-minute appointments

1 session	\$70
2 sessions 10% discount	\$126
5 sessions 15% discount	\$297
10 sessions 20% discount	\$560

Roy Hammock, Fitness Instructor

B.S. from WSU in Kinesiology (science of exercise and human movement)

M.Ed. from UI in Health & Physical Education

Ph.D. Candidate from UI in Health & Fitness/Exercise Science

K-12 Teaching Endorsement

ASEP Certified Coach

Strength & Conditioning Coach

SWIM INSTRUCTION

Swim lessons at the Pullman Aquatic Center (PAC) offer an essential life assurance for your family. Our nationally certified instructors come with over 65 years of combined experience from aquatic facilities throughout the country. We offer small student to teacher ratios, innovative teaching methods, and enthusiasm unmatched in the region. In addition, class lengths are adjusted based on skill and age. Session lengths are increased allowing the teacher / student bond to develop and for the students' progress to be uninterrupted.

Our goal is to provide students with the skills necessary for a life long enjoyment of the water. Our lessons are offered to all ages. You will be amazed at your child's progress with consistent, year-round lessons. We truly do have something for everyone.

PARENT/CHILD WITH Ms. KAREN

30 min - 1/week All Parent/Child Classes may be done as a drop-in \$5.15 per class. **Caregivers attendance required.**



PC GOLDFISH & PC CLOWNFISH



PC Goldfish 6 mo-23 mo:

PC Clownfish 24 mo-36 mo: Our parent and child program offers early exposure to the wonderful world of water. This class is designed to help the child acclimate to the water while teaching the caregiver(s) basic techniques for early success. Parents learn how to positively promote their child's water experience. Children learn to enjoy the water through songs, games and repetition. (30 minutes). Children not yet potty trained must wear a swim diaper with tight fitting legs and waist. Disposable diapers are not permitted.

PC STARFISH:



2-3 yrs old: This turtle level is designed for the young swimmer (2 – 3 year old) who is ready to transition to lessons with limited parental supervision. (See Turtle description on pg 29).

PC SEAL:



3-4 yrs old: A tadpole level for the cautious child who needs the reassurance of the parent. (See Tadpole description on pg 29).



ADULT & TEEN LESSONS

Broaden your horizons and learn a new skill.

Now is the time to learn to swim or perfect your strokes. Students will be divided into groups based on skill level.

Adult Ages: 15 yrs old and older

Teen Ages: 12 yrs old and older



PRIVATE & SEMI-PRIVATE LESSONS

Does your child seem stuck at one level? Do they like a specific instructor? Would you like to see them progress through the skills at a faster pace? Private lessons are the answer. Private lesson instructors are endorsed by management as being "the best of the best." These instructors consistently receive excellent reviews from their group lesson participants and parents. (30 minutes)

Scheduled by appointment:

1 student: \$20 2 students: \$25



HOME SCHOOL PE PROGRAM

We are proud to offer a program to fit the needs of home school children and their parents. This program will offer a 30 minute swim lessons and up to 90 minutes of play time during mid day. Games and activities will be planned for some of the playtime. Students will be divided into appropriate swim levels on the first day. (2 hours)

Drop-in for playtime only:

F 1:00-3:00pm \$2.50 per child

Scheduled by appointment:








\$6.90 / student / 60 minutes (minimum 4 week session)

DAY CARE SWIM AND PLAY PROGRAM




Gather a group of 3 or more students of the same skill level and bring them in during off peak hours for group swim and play program. We will provide a qualified swim instructor for your group. Playtime can be added for your staff and students.

Scheduled by appointment:

\$6.90 / student / 60 minutes (minimum 4 week session)

																
	WEEK	DAYS	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE
Jan 17-Mar 7	8	M	6:00pm	\$28	6:30pm	\$28							7:00pm	\$28		
Mar 21-Jun 6	12	M	6:00pm	\$41	6:30pm	\$41							7:00pm	\$41		
Jan 19-Mar 9	8	W					6:00pm	\$28	6:30pm	\$28						
Mar 23-Jun 8	12	W					6:00pm	\$41	6:30pm	\$41						
Jan 21 - Mar 11	8	F	10:00am	\$28	10:30am	\$28					1:00pm	\$69				
Mar 25-Jun 10	12	F	10:00am	\$41	10:30am	\$41					1:00pm	\$104				
Jan 22-Mar 5	7	Sa	10:00am	\$24	10:30am	\$24	11:00am	\$24	11:30am	\$24					9:45am	\$32
Apr 2 -May 21	8	Sa	10:00am	\$28	10:30am	\$28	11:00am	\$28	11:30am	\$28					9:45am	\$37

PS SWIM INSTRUCTION

			 PS Tadpole		 PS Turtle		 PS Frog /PS Gator	
	WEEKS	DAYS	TIME	PRICE	TIME	PRICE	TIME	PRICE
Jan 17-Feb 9 and Feb 14-Mar 9	4	MW	9:00am	\$28	9:35am	\$28	10:10am	\$28
			1:00pm	\$28	1:35pm	\$28	2:10pm	\$28
			5:15pm	\$28	5:50pm	\$28	6:25pm	\$28
Mar 21-Apr 27 and May 2-Jun 8	6	MW	9:00am	\$41	9:35am	\$41	10:10am	\$41
			1:00pm	\$41	1:35pm	\$41	2:10pm	\$41
			5:15pm	\$41	5:50pm	\$41	6:25pm	\$41
Jan 18-Mar 10 No class: Jan 27	8	TuTh	9:35am	\$52	9:00am	\$52	10:10am	\$52
			1:35pm	\$52	1:00pm	\$52	2:10am	\$52
			6:25pm	\$52	5:50pm	\$52	5:15pm	\$52
Mar 22-Jun 9	12	TuTh	9:35am	\$83	9:00am	\$83	10:10am	\$83
			1:35pm	\$83	1:00pm	\$83	2:10am	\$83
			6:25pm	\$83	5:50pm	\$83	5:15pm	\$83
Jan 22-Mar 5	7	Sa	9:00am	\$24	9:35am	\$24	10:05am	\$24
			11:25am	\$24	10:30am	\$24		
Apr 2-May 21	8	Sa	9:00am	\$28	9:35am	\$28	10:05am	\$28
			11:25am	\$28	10:30am	\$28		

HOW DO I REGISTER MY CHILD?

The questions below will help you place your child in the proper class. (Free swim screenings are required for all students not currently enrolled in our program.) If you answer "NO" to any question, place your child in the preceding level. If you answer "YES" to all questions, they are placed in the appropriate level. Please note: All children aged 3-4 yrs old must be placed in the Preschool (PS) section of the appropriate level. 5 yrs old may choose PS or regular levels.



PS TADPOLE — WATER ADJUSTMENT

Instructor / Student Ratio: 1:5

Length: 25 – 35 minutes

To register: My child has little or no water experience



PS TURTLE — BODY POSITION

Instructor / Student Ratio: 1:5

Length: 25 – 35 minutes

To register: My child can

- go underwater willingly with no hesitation
- float assisted on their front and back
- follow directions
- jump in, go underwater, and be caught
- demonstrate comfort in the entire pool environment

PS FROG / PS GATOR

Instructor / Student Ratio: 1:5

Length: 25 – 35 minutes

Due to limited enrollment in both levels these skills will be taught in a combination class.

To register: My child can

- see criteria below for registration requirements



PS FROG — MOBILITY & BEGINNING ENDURANCE

Instructor / Student Ratio: 1:5

Length: 25 – 35 minutes

To register: My child can

- float and glide unassisted on their front and back for 10 sec
- travel 15 feet using beginning paddling
- demonstrate a streamline kick on front & back for 15 feet
- jump in and recover to a back float



PS GATOR — STROKE PERFECTION

Instructor / Student Ratio: 1:6

Length: 25 – 35 minutes

To register: My child can

- complete the following combined skill: jump into deep water, float unassisted on their back for 15 seconds, travel ½ length of pool (streamline kick with sculling arms), roll over unassisted, and swim the remaining length of pool (using a paddle stroke, streamline kick, and rhythmic breathing)

YOUTH SWIM LESSONS

IMPORTANT INFORMATION

- ⇒ Swim screenings are required for participants not currently enrolled in our program.
- ⇒ Classes will be prorated after the 2nd week of each session. Late enrollment will be accepted up to the middle of the session.
- ⇒ Waitlists are established for all filled classes. Our goal is 100% accommodation of waiting lists.
- ⇒ Enroll early as the Aquatic Center Management reserves the right to combine and adjust classes with low enrollment.
- ⇒ Winter lessons are MW for 4 wks, TuTh for 8 wks and Sa for 7 wks.
- ⇒ Spring lessons are MW for 6 wks, TuTh for 12 wks and Sa for 8 wks.

HOW DO I REGISTER MY CHILD?

The questions below will help you place your child in the proper class. (Free swim screenings are required for all students not currently enrolled in our program.) If you answer "NO" to any question, place your child in the preceding level. If you answer "YES" to all questions, they are placed in the appropriate level. **Please note:** All children aged 3-4 yrs old must be placed in the Preschool (PS) section of the appropriate level. 5 yrs old may choose PS or regular levels



TADPOLE — WATER ADJUSTMENT

Instructor / Student Ratio: 1:5
Length: 35 – 45 minutes

To register: My child has little or no water experience



TURTLE — BODY POSITION

Instructor / Student Ratio: 1:5
Length: 35 – 45 minutes

To register: My child can

- go underwater willingly with no hesitation
- float assisted on their front and back
- follow directions
- jump in, go underwater, and be caught
- demonstrate comfort in the entire pool environment

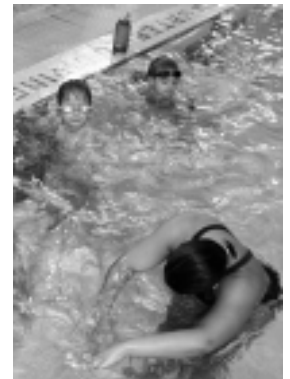









FROG — MOBILITY & BEGINNING ENDURANCE

Instructor / Student Ratio: 1:5
Length: 35 – 45 minutes

To register: My child can

- float and glide unassisted on their front and back for 10 sec
- travel 15 feet using beginning paddling
- demonstrate a streamline kick on front and back for 15 feet
- jump in and recover to a back float



			 Tadpole		 Turtle		 Frog		 Gator		 Trout		 Salmon/ Swordfish		 Dolphin	
	WEEK	DAYS	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE
Jan 17-Feb 9 and Feb 14-Mar 9	4	MW	5:15pm	\$37	5:15pm	\$37	6:10pm	\$37	6:00pm	\$37	6:00pm	\$46	5:15pm	\$46	5:15pm	\$69
Mar 21-Apr 27 and May 2-Jun 8	6	MW	5:15pm	\$55	5:15pm	\$55	6:10pm	\$55	6:00pm	\$55	6:00pm	\$69	5:15pm	\$69	5:15pm	\$104
Jan 18-Mar 10 (no Class 1/27)	8	TuTh	6:00pm	\$69	5:15pm	\$69	5:15pm	\$69	5:15pm	\$69	5:15pm	\$86	6:00pm	\$86	5:15pm	\$130
Mar 22-Jun 9	12	TuTh	6:00pm	\$110	5:15pm	\$110	5:15pm	\$110	5:15pm	\$110	5:15pm	\$138	6:00pm	\$138	5:15pm	\$208
Jan 22-Mar 5	7	Sa	10:10am	\$32	9:15am	\$32	9:20am	\$32	9:00am	\$32	9:00am	\$40	9:55am	\$40		
Apr 2-May 21	8	Sa	10:10am	\$37	9:15am	\$37	9:20am	\$37	9:00am	\$37	9:00am	\$46	9:55am	\$46		

YOUTH SWIM LESSONS



GATOR — STROKE PERFECTION

Instructor / Student Ratio: 1:6
Length: 35 – 45 minutes

To register: My child can

- complete the following combined skill: jump into deep water, float unassisted on their back for 15 seconds, travel ½ length of pool (streamline kick with sculling arms), roll over unassisted and swim the remaining length of pool (using a paddle stroke, streamline kick and rhythmic breathing)



TROUT — ADVANCED STROKE KICKS

Instructor / Student Ratio: 1:6
Length: 45 - 55 minutes

To register: My child can

- swim 25 yards of front crawl with complete coordination, using rotary breathing and over arm recovery every time
- swim 25 yards of back crawl including coordination and over arm recovery every time

SALMON / SWORDFISH

- Due to limited enrollment in both levels these skills will be taught in a combination class.



SALMON — ADVANCED STROKE REFINEMENT

Instructor / Student Ratio: 1:8
Length: 45 - 55 minutes

To register: My child can

- swim consistent and perfect elementary backstroke with coordination for 25 yards
- demonstrate dolphin kick for 15 yards
- demonstrate breast stroke kicks for 15 yards
- demonstrate side stroke kicks for 15 yards
- swim front and back crawl for 50 yards each



SWORDFISH - COMPETITIVE STROKE INTRO.

Instructor / Student Ratio: 1:8
Length: 45 - 55 minutes

To register: My child can

- demonstrate consistent and perfect elementary backstroke, breast stroke, and side stroke for 25 yards
- swim front and back crawl for 100 yards each



DOLPHIN — PRE-COMPETITION

Length: 75 - 90 minutes

This is a non- level class emphasizing swim team preparation. Topics and skills to be covered are swim etiquette, how to use a pace clock, fitness awareness in aquatics, flip turns, nutrition, safety technique, and awareness. Endurance swimming of all competitive strokes will be practiced daily. Participants must be a minimum of Trout level. Dry land training will be added as necessary.

PULLMAN HIGH SCHOOL BOYS SWIMMING

The PHS swim team has exclusive use of the pool M-F from 3:00-5:15pm and Wed. 5:30-7:30am. There will be a Pullman Swim meet Thurs., January 27 at 4:00pm. The pools will remain closed until 7:00pm.

WSU MASTER SWIMMING

WSU Masters Swimming is a year-round program of fitness and fun for Palouse area adult swimmers. Participants range in age from 18 to well into their 90s, and in ability from beginner swimmers, to triathletes, and accomplished retired intercollegiate swimmers. The club focuses on fitness swimming, triathlon training, and competition. We do not require tryouts, just an ability and desire to swim for fitness. For more details and information contact Head Coach Doug Garcia at 332-1621 or the web site at www.WSUMastersSwimming.org.

YMCA TITANS SWIM TEAM

Palouse Area Swimming has a long-standing tradition of turning young kids into athletes, citizens, and friends. For more information contact Gabe and Megan Brannan at 334-5457 or email at coach@titansswimming.com. Practices are offered Monday-Friday in Pullman.

PULLMAN SWIM TEAM

A USA Swim sanctioned swimming team for boys and girls, 8-12 yrs old, a limited number of openings for motivated swimmers wishing to further their skills in the competitive strokes. There is individualized instruction in butterfly, backstroke, breaststroke, and freestyle, with emphasis on efficient stroke techniques, fitness training, goal setting, team spirit, and sportsmanship. Practices are held at the Pullman Aquatic Center, Mon-Thurs from 7:00-8:30pm. Current club dues are \$38/swimmer/month, plus an annual USA Swimming membership fee of \$56. Contact John McInturff at 334-0564, or email at pullmanswimteam@verizon.net for more information.



Register Early!

Contact us at 338-3227

to register for all classes.

**Space is limited in most programs
and pre-registration is required.**

MULTI PURPOSE POOL - WINTER / SPRING 2005 SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am				PHS Team 5:30-7:00			
6:00am				LAP 6:00-8:00 (shared)	LAP 6:00-8:00	LAP 6:00-8:00	
6:30am		LAP 6:00-8:00	LAP 6:00-8:00				
7:00am							
7:30am							
8:00am		LAP/ AEROBICS 8:00-9:00	LAP/ AEROBICS 8:00-9:00	LAP/ AEROBICS 8:00-9:00	LAP/ AEROBICS 8:00-9:00	LAP/ AEROBICS 8:00-9:00	
8:30am							
9:00am							
10:00am	OPEN 12:00-2:00	OPEN 9:00-12:00	OPEN 9:00-12:00	OPEN 9:00-12:00	OPEN 9:00-12:00	OPEN 9:00-12:00	LAP/ LESSONS 9:00-12:00
10:30am							OPEN 12:00-2:00
11:00am							
11:30am							
12:00pm	AVAILABLE FOR PRIVATE RENTAL	LAP 12:00-1:00	LAP 12:00-1:00	LAP 12:00-1:00	LAP 12:00-1:00	LAP 12:00-1:00	AVAILABLE FOR PRIVATE RENTAL
12:30pm		PSD/ LAP 1:00-3:00	PSD/ LAP 1:00-3:00	PSD/ LAP 1:00-3:00	PSD/ LAP 1:00-3:00	PSD/ LAP 1:00-3:00	
1:00pm							
1:30pm							
2:00pm	OPEN 4:00-6:00	PHS SWIMTEAM 3:00-5:15(Until Feb. 18)					OPEN 4:00-6:00
2:30pm							AVAILABLE FOR PRIVATE RENTAL
3:00pm							
3:30pm							
4:00pm							
4:30pm		LAP 5:15-9:00	LAP 5:15-9:00	LAP 5:15-9:00	LAP 5:15-9:00	LAP 5:15-9:00	
5:00pm		LESSONS 5:15-7:00	LESSONS 5:15-7:00	LESSONS 5:15-7:00	LESSONS 5:15-7:00	LESSONS 5:15-7:00	
5:30pm		AEROBICS 6:00-7:00	AEROBICS 7:45-8:45	AEROBICS 6:00-7:00	AEROBICS 7:45-8:45	AEROBICS 7:45-8:45	
6:00pm	AVAILABLE FOR PRIVATE RENTAL	SWIM TEAM 7:00-8:30 (3 LANES)	SWIM TEAM 7:00-8:30 (3 LANES)	SWIM TEAM 7:00-8:30 (3 LANES)	SWIM TEAM 7:00-8:30 (3 LANES)	SWIM TEAM 7:00-8:30 (3 LANES)	AVAILABLE FOR PRIVATE RENTAL
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							

THERAPY POOL - WINTER / SPRING 2005 SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	PRIVATE RENTAL AVAILABLE						PRIVATE LESSONS AVAILABLE
6:00am		OPEN	OPEN 6:00-11:00	OPEN	OPEN 6:00-11:00	OPEN	
6:30am		Summit Therapy 6:30-7:30		Summit Therapy 6:30-7:30		Summit Therapy 6:30-7:30	
7:00am		OPEN 7:30-11:00		OPEN 7:30-11:00		OPEN 7:30-11:00	
7:30am							
8:00am		LESSONS 9:00-11:00 (Shared)	LESSONS 9:00-11:00 (Shared)	LESSONS 9:00-11:00 (Shared)	LESSONS 9:00-11:00 (Shared)	LESSONS 10:00-11:00 (Shared)	
8:30am							
9:00am							
10:00am							
10:30am							
11:00am		Summit Therapy 11:00-1:00	Summit Therapy 11:00-12:00	Summit Therapy 11:00-1:00	Summit Therapy 11:00-12:00	Summit Therapy 11:00-1:00	
11:30am			OPEN		OPEN		
12:00pm	OPEN 12:00-2:00	PSD / LESSONS 1:00-3:00	PSD / LESSONS 1:00-3:00	PSD / LESSONS 1:00-3:00	PSD / LESSONS 1:00-3:00	PSD / LESSONS 1:00-3:00	OPEN 12:00-2:00
12:30pm							PRIVATE RENTAL AVAILABLE
1:00pm							
1:30pm							
2:00pm	PRIVATE RENTAL AVAILABLE	PHS SWIMTEAM 3:00-5:15 (Until Feb 18)					OPEN 4:00-6:00
2:30pm							PRIVATE RENTAL AVAILABLE
3:00pm							
3:30pm							
4:00pm	OPEN 4:00-6:00	LESSONS 5:15-7:00	LESSONS 5:15-7:00	LESSONS 5:15-7:00	LESSONS 5:15-7:00	OPEN 5:15-9:00	PRIVATE RENTAL AVAILABLE
4:30pm							
5:00pm							
5:30pm							
6:00pm	PRIVATE RENTAL AVAILABLE	OPEN 7:00-9:00	OPEN 7:00-9:00	OPEN 7:00-9:00	OPEN 7:00-9:00		PRIVATE RENTAL AVAILABLE
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							